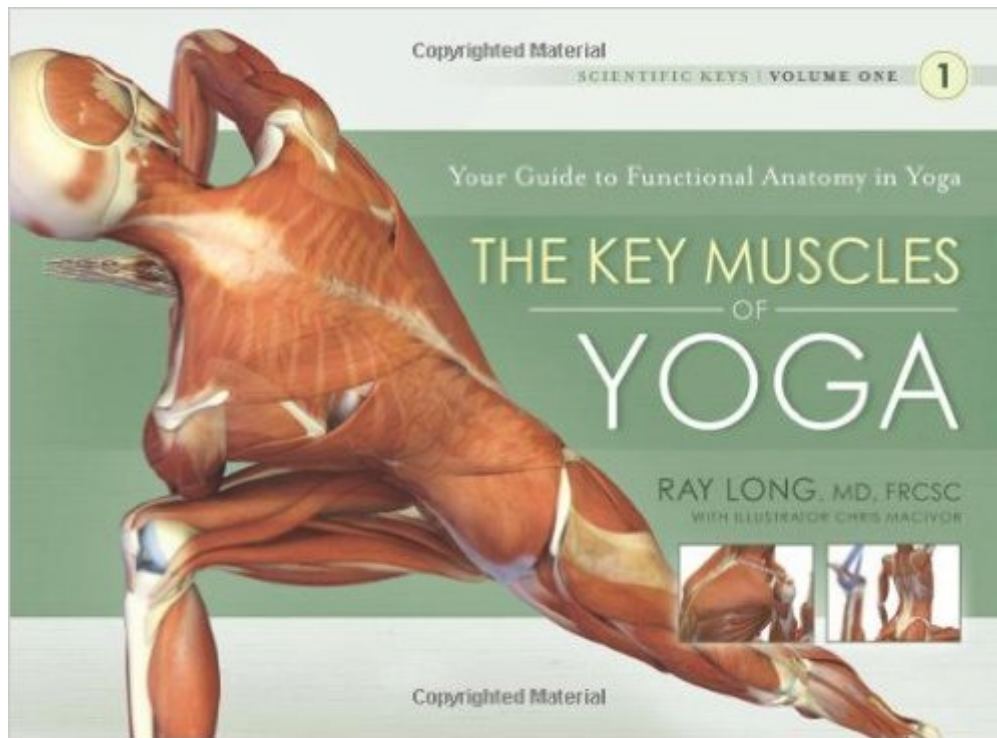


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# The Key Muscles Of Yoga: Scientific Keys, Volume I



## Synopsis

This book offers a scientific approach to understanding the practice of hatha yoga. Through four-color, three-dimensional illustrations of major muscles, tendons, and ligaments, Ray Long describes the practice and benefits of hatha yoga. Specific anatomical and physiological descriptions highlight the agonist, antagonist, and synergist muscles that come into play with each pose. Volume I of the series describes the key muscles of hatha yoga and how they are utilized. From beginners to experts, this book will become a constant companion.

## Book Information

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## Customer Reviews

This book is fantastic! Have both Vol I & II, and they are invaluable for anyone wanting to learn about yoga, being healthier, or any nursing or med, or physical therapy student. The book shows which muscles are involved in each yoga move - the ones working, being stretched, or supporting the body weight. For anyone in medicine, this also breaks down movements into steps and illustrates why the patient is in pain with that movement. For anyone in physical therapy, is illustrates why you need to do that exercise & shows how it will help you. As a student in a yoga teacher training class, this helps me learn how to do the poses correctly and which muscles are working with each pose and how to avoid stressing injured body parts. Fantastic reading and a great resource!

I have many anatomy books after completing my 200hr yoga training this fall. While there are many wonderful texts out there, The Key Muscles of Yoga Vol. I is the best for the beginner. The computer

generated illustrations are comprehensive and the minimal text really gets the main points across. Another benefit for the person new to anatomy is that the bones and muscles of each major group are covered with reference to the movement they make in various yoga poses. Additionally, because this is written by an MD, the technical language is there but it's not scary and provides a great introduction to learning the proper movement terms. Highly recommend this for the person new to either yoga, anatomy or both!

Book is excellent. Unfortunately the images are too small on my Kindle 8.9". When I play on my desktop with 26" monitor it's 5 star worthy. Paperback version also 5 star worthy.

I have been practicing yoga for 6 years now and this book is fantastic. I am especially interested in anatomy and how the muscles work. This book does a fantastic job of explaining your skeletal system, bones, muscles, etc. Easy to read and understand. Very impressive illustrations. Chris Macivor did a wonderful job with the illustrations. I highly recommend this book.

As someone with a very scientific mind, sometimes I get frustrated with the vague terms that get used during normal yoga classes. I was looking for a book that got into the really technical anatomical details, and I found it. This book is a beautifully illustrated anatomy reference that should be helpful for yogis, fitness instructors, physical therapists, or anyone who is just curious about how their muscles and bones work together in different poses. The only complaint I have is that all the poses in the book are described using only the Sanskrit names. I'm familiar with some of the names, but I spend a fair bit of time googling the ones I don't know to figure out the Americanized name for the asana while reading this book.

As a student of Anatomy, Massage Therapist and Yoga teacher I find this book an invaluable resource. Clear, detailed pictures give me all I need to know of the Yoga asana and their application and effect on the human body. I always wished I had X-ray vision, but I don't need it 'coz I have Ray Long's fantastic book!

Colorful graphics for visual tutorial. Used for injuries while doing yoga to see which muscles were being used and how to also release them. Very impressed

very clear, drawings are understandable and straightforward. explanations are clear. we used this as

the main anatomy book for our 50hr yoga immersion program at Maha Yoga, and i found it had more than enough resources for me, as a teacher sitting the course. also very helpful, although brief bandha description. ray long is the point person as far as i am concerned, when it comes to grappling yoga anatomy from a western perspective. i have 3 other books by him, the mat companions, i think, and i use them a lot in planning my classes and helping students understand how to use their bodies to access heightened levels of awareness with the first layer we are able to access, the physical.

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